

Crew Off Duty • Reprogramming of YC 21-2 & YC 21-4 Matching Units

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:35–07:40	FE-1	Calldown of CBO water supply status
07:40–07:45		Calldown of CП counter status
07:45–07:50		ELECTRON-VM: monitoring air quantity in the gas/liquid mix
08:00–08:40		Maintenance of COЖ
08:20–08:25	FE-2	IMS file auto import/export
08:40–08:55	FE-1	Private family conference (<i>S-band</i>)
09:00–10:30		Physical exercise (TVIS-1)
10:00–11:00	FE-2	Physical exercise (CEVIS)
11:00–12:30		Physical exercise (RED)
09:35–11:05	CDR	Physical exercise (RED)
12:30–13:30		LUNCH
13:35–13:50	CDR	Private family conference (<i>S-band</i>)
14:30–14:45	FE-2	Private psychological conference (<i>S-band</i>)
14:45–15:00	CDR	Private psychological conference (<i>S-band</i>)
15:10–15:25	FE-2	Private family conference (<i>S-band</i>)
15:30–16:30	FE-1	Physical exercise (VELO-1)
16:30–17:30	CDR	Physical exercise (TVIS)
17:45–18:15		Daily plan review
18:15–18:30		Evening DPC (<i>S-band</i>)
18:30–19:00		Prep for work
19:00–19:30		DINNER
19:30–20:00		Daily food prep
20:00–21:30		Pre-sleep
21:00–06:00		SLEEP

Notes:

1. See OSTP for references to US procedures
2. Matching units YC21-2 and YC21-4 will be reprogrammed during crew sleep
3. Task List : FE-1 : PULSE

End of radiogram